

Sundara Memory Care Hosts Lewy Body Dementia Caregiver Support Group

In Texas alone, roughly 1.3 million caregivers provide an average of 20 hours a week of unpaid care for friends and loved ones with Alzheimer's or related dementia. Caregiving is a demanding undertaking and results in such high levels of stress that 65 percent of caregivers will have a major health crisis before their loved ones die of the disease.

Many people think that Alzheimer's is the only type of dementia and that one type of support group will suffice, but Sarah Hyde-Williams understands that is not the case, which is why she started the North Austin Lewy Body support group, for those struggling with caregiving for a loved one with this type of dementia.

"Our support group truly focuses on education and support," said Sarah Hyde-Williams, Support Group Leader. "Our participants can expect an understanding counselor's heart when coming to our group. I will truly focus on hearing the participant and validating their feelings whatever it may be on a given day."

Sarah has been leading support groups both in mental health and dementia worlds for 15 years and Kelly Hudson, co-facilitator of the support group and owner of Sundara Memory Care has been in the dementia field for over 25 years. With their knowledge and compassion, they are able to provide valuable support for caregivers.

"These groups educate and inform participants about dementia and help caregivers develop methods and skills to solve problems," says Christian Wells, President of the Alzheimer's Texas. "They encourage caregivers to maintain their own personal, physical and emotional health as well as providing peer guidance on how to care for the person with dementia."

Sarah Hyde-Williams hosts the group at Sundara Memory Care in Round Rock, TX the second Monday of every month at 6 p.m.

When: 2nd Monday of every month at 6:00 p.m.

Where: Sundara Memory Care
1000 Rusk Rd. Round Rock, TX 78665

Contact: Sarah Hyde-Williams (832) 794- 8810

For more information about support groups offered in Central Texas call (512) 241-0420 or visit www.txalz.org.

About Alzheimer's Texas

Alzheimer's Texas is dedicated to eliminating Alzheimer's disease through the advancement of research and to enhance care and support for individuals with Alzheimer's disease and related disorders, their families, and caregivers. The organization provides care consultations, 24-hour helpline, support groups, respite care, educational and social engagement programs, and professional training. Alzheimer's Texas was founded in 1982 and serves Central Texas. For more information, visit www.txalz.org.



NEWSLETTER INFO

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Dine Well, Do Good with Water to Thrive

Chef's Table Austin is the signature fundraiser supporting the mission of local non-profit Water to Thrive, which has built more than 850 water projects in rural Africa in the last 10 years bringing clean, safe water to more than 450,000 people.

Chef's Table Austin brings its supporters together with some of Austin's top chefs in an exciting, fast-paced evening. The centerpiece of the event, to be held Thursday, September 27, at Brazos Hall, is a high-energy live auction of menus and dinner experiences created by our chefs, giving each winner a unique opportunity to have that chef cook specifically for them and their guests. The 2018 lineup is spearheaded by Austin's renowned and Chef's Table Founding Chef David Bull of Second Bar + Kitchen, with the full lineup to be announced by mid-August.

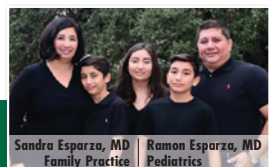
All proceeds for the event benefit Water to Thrive operations, making it possible for the charity to sustain its mission of bringing clean, safe water to rural African communities in need. Each dollar raised for operations allows the organization to bring in nearly \$6 for water, and to maintain its 100 Percent Promise that every dollar donated for water projects goes directly to fund water projects.

In addition to the live auction, to be conducted by Heath Hale and his Cowboy Auctioneers, and the opportunity to mix and mingle with some of Austin's top chefs, the evening features a VIP reception, open bar, heavy hors d'oeuvres, and an extensive silent auction including a Hamilton in NY experience.

Tickets for this year's fundraiser are on sale now. For just \$95, or \$175 per couple, you'll have access to the main event which features the silent and live auctions, food and drink, and chances to win prizes. Purchase VIP tickets for \$150 each or \$280 per couple, and your benefits include early entry to the event, exclusive silent auction items, one-on-one time with our chefs, preferred seating for the live auction, specialty appetizers, and more.

For more information about Chef's Table Austin and to purchase tickets, go to chefstableaustin.org. Here you will also find photos, chef bios and menus, and sponsors from past years of this event. Check our website and Facebook event page for updates and promotions leading up to the event.

We hope you'll join us for Chef's Table Austin 2018, and help us continue to build wells and change lives!



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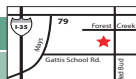
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who have lived in Round Rock for many years. All women are welcome!

You are cordially invited to attend one of our monthly luncheons and coffees. To find out more about these events and who to contact, please visit our website at www.rrnewneighbors.org

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